

SIGN-UP ON SEPTEMBER 18TH FOR “THE BIG E”

Thanks to a grant from the Eastern States Exposition, we are offering a trip to The Big E in West Springfield on Friday, September 27th. We'll spend the entire day experiencing all that The Big E has to offer. There is no better place to enjoy the sights, sounds and taste tempting aromas of the fall season than at The Big E, New England's autumn tradition and the largest fair in the northeast. It's an extravaganza with top name entertainment, major exhibits, The Big E Super Circus, the Avenue of the States, New England history and agriculture, animals, rides, shopping, crafts, a daily parade, and foods from around the world. Your motorcoach will depart from St. Mary's parking lot at 10:00 a.m. You will board the bus for the return trip home at 5:30 p.m., arriving back in Foxboro by approximately 6:30/7:00 p.m. The grant covers the cost of admission and transportation, so we are able to offer this trip for just \$2.00 per person, which will cover the driver's tip. Please bring your payment along on the day of the trip. If you would like to take advantage of this fantastic offer, please sign-up by calling the senior center at 543-1252 on Wednesday, September 18th beginning at 8:00 a.m. This trip is for *Foxboro residents only*.

Monday, September 2

Labor Day Holiday

Senior Center Closed

Tuesday, September 3

Stretch & Balance 8:30 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

Wednesday, September 4

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video lecture series-“Mark Twain” 11:30 a.m.

Dollar Tree/Ocean State 1:00 p.m.

Zumba (4 week session) 1:00 p.m.

Thursday, September 5

Ceramics 9:00 a.m.

Friday, September 6

\$80 Payment due for Essex Trip

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Saturday, September 7

Yellowstone Trip Departs from St. Mary's Parking Lot

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

“Jack Craig Presents: Oliver” will be this week's senior center programming shown on September 4th & September 5th. Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

ZUMBA CLASSES

Have you seen “Dancing with the Stars?” You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Zumba is an exercise program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

Beginning in September, our Zumba classes will be held at the senior center for a 4 week session on Wednesdays (9/4, 9/11, 9/18, and 9/25) from 1:00 p.m. to 2:00 p.m. The cost for this session will be \$8.00, with payment due by the start of the session. Come and join the fun!

SPECIAL EVENTS AND PROGRAMS

KEEP MOVING

The Keep Moving Program invites you to participate in upcoming Autumn Regional Keep Moving walks to celebrate senior fitness and to meet other walkers from around the state. The walks will take place on the dates and times noted on the registration form located at www.mass.gov/dph/keepmoving. Each walk will take place RAIN OR SHINE, so dress for the weather! For severe weather cancellation notices, please check the message at 617-624-5972 on the day of the walk. There will be 1-mile and 3-mile walking routes. There are picnic tables at each of the walk sites, so bring a picnic lunch to enjoy following the walk! Below are the walk locations and directions to the sites. All walkers will receive a complimentary gift. Please complete and return the registration by September 12, 2013. Keep Moving is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts. Below is a listing of KEEP MOVING Regional Autumn Walks:

1. Francis William Bird Park
Rhoades Avenue, Walpole, MA
Tuesday, September 24, 2013
Meet at Rhoades Avenue entrance to park at 10:30 a.m.
2. Blackstone River and Canal Heritage State Park
287 Oak Street, Uxbridge, MA
Friday, October 4, 2013
Meet at Visitor's Center at 10:30 a.m.
3. Houghton's Pond Recreation Area
695 Hillside Street, Milton, MA
Thursday, October 10, 2013
Meet at Picnic Site 3 at 10:30 a.m.

CONVERSATIONAL ITALIAN CLASSES COMING IN SEPTEMBER!

Have you always wanted to learn to speak Italian? Now is the time! Our very popular Italian Classes taught by our fabulous instructor, Lucy Erhard, will resume in September. Enroll in these classes and you will learn to speak this beautiful language. Classes will be held on Thursdays, beginning September 12, 2013 through November 21, 2013 with no class being held on November 14th. Italian 1 classes will be held from 11:00 a.m. to noon, and Advanced Italian (for those students who have completed Italian 1 previously) will be from 1:00 p.m. to 2:00 p.m. at the senior center. Classes are \$2 each for a 10-week session. Please come to the senior center to make your \$20 payment for the full session prior to the beginning of the classes. Students will begin to develop listening and speaking skills. Topics include: alphabet, greetings, numbers, time, family, body, and food. Please bring a notebook and pen to class. Lucy Erhard will be the instructor for these classes. Lucy worked at Dedham High School where she developed and implemented the Italian program. She was also an instructor of Italian at Wheaton College. In addition, she has taught Italian in local adult education programs, including Foxboro's Adult Education program. Please call 508-543-1252 to register for this wonderful opportunity.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to The Big Apple in Wrentham on September 12th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, September 3rd. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, September 10th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED

SERENADING SENIORS

The Serenading Seniors will resume their regular schedule beginning Wednesday, September 4th. Rehearsals are held at the Senior Center on Wednesdays from 10:00 a.m.-11:15 a.m. It's a friendly, fun group and you DO NOT need to read music to be a member. Currently we have openings for new members, both men and women. If you enjoy singing, you are invited to come on September 5th to observe or join in the fun. Please call Jeanne Bonneau at 508-543-8940 if you have any questions.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, September 25th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Meatloaf, Mashed Potatoes, Mixed Vegetables, and Cake to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, September 12th at 11:00 a.m. and see "Gloria." Gloria (Gena Rowlands), a self-involved woman in her forties who was once a mobster's mistress, is asked to look after Philip (Juan Adames), the son of her Mafia-connected Puerto Rican neighbors. This temporary set-up becomes permanent when the neighbors are killed in a mob hit. Philip has in his possession a diary containing a record of illegal Mafia activities; thus the boy is as good as dead unless Gloria takes decisive action. With Philip in tow, Gloria leads the hit men on a frantic chase around Manhattan, and during the various gunfire exchanges, more than holds her own. Offering to exchange the diary for the boy's life, Gloria is rebuffed by the vendetta-driven assassins. Where once she was content squirreling herself away in her lonely apartment, Gloria now must face a lifetime on the run. Enjoy this fine drama with a renowned cast. Please give us a call at 508-543-1252 to let us know that you will be coming.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 7 weeks and runs from September 9th through October 27th. The payment will be \$35 and is due at sign-up. Call 508-543-1252 with any questions.

VIDEO LECTURE SERIES: "MARK TWAIN" COMING IN SEPTEMBER

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center beginning September 4th through November 20th from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, September 3rd from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

LUNCHEON OUTING

Our next luncheon outing will be to LongHorn Restaurant on Wednesday, September 18th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, September 17th. Van transportation is available.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 4 Dollar Tree/Ocean State Job Lot

September 11 Target

September 18 Luncheon Outing @ LongHorn Restaurant

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 2

Labor Day

No Meals Served

Tuesday, September 3

Macaroni & Cheese
Escalloped Tomatoes
Multi Grain Roll
Pears

Wednesday, September 4

Chicken Vegetable Soup
Breaded Chicken
Brown Rice
Whole Wheat Roll
Fresh Fruit

Thursday, September 5

Italian Style Pasta With Meat Sauce
Italian Blend Veggies
Wheat Bread
Blonde Brownie

Friday, September 6

Potato Crunch Fish
*Tartar Sauce
Whipped Potatoes
Cut Green Beans
Whole Wheat Bread
Artic Ice